

Donut Dash

1 Mile Fun Run & 5K

When: July 15, 2017, 7:30 a.m., Registration begins 6:30 a.m.

Where: Coldwater Lake, east side of dam. Coldwater Lake is located 1 mile S, 1 mile W of Coldwater, KS.

Cost:

Race	June 20	June 20- July 14	Race Day
1 Mile	\$20	\$22	\$25
5K	\$25	\$30	\$35

Those with a Farm Bureau membership will receive \$5 off per entry.

Why: Proceeds will go to Comanche Fire Department and K-9 Unit

Route: This will be an out and back course from East side of dam and back.

Prizes will be given to top male and female of the 5K.

Fill out and return to Farm Bureau Financial Services by mail PO Box 607 Coldwater KS 67029 ATTN: Jessica Reed or bring into office at 101 W. Main St. Coldwater KS. Any questions please call 620-582-2194 or e-mail Jessica.reed@fbfs.com

Name: _____ Age: _____ Name: _____ Age: _____

M F Shirt size: _____ M F Shirt size: _____

Please indicate Youth or Adult (if not indicated will assume adult)

Phone Number: _____ Farm Bureau Membership #: _____

Address: _____ Email: _____

Please make checks payable to Farm Bureau Financial Services/ Marci Hauser

Each Person that chooses to participate must have a completed entry form and signed wavier on race day.

All youth under the age of 13 MUST be accompanied by an adult.

I know that running/walking in a road/trail race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the Donut Dash 1Mile & 5k Walk/Run on Saturday July 15, 2017. Including but not limited to falls, contacts with other participants, the effects of the weather including high heat and/or humidity, traffic and conditions of road and trail. All risks being known and appreciate by me.

Signature _____ Date _____

Signature of Guardian (participate under 18) _____ Date _____

Signature _____ Date _____

Signature of Guardian (participate under 18) _____ Date _____